



SMASHINGTIMES

INTERNATIONAL CENTRE FOR
THE ARTS & HUMAN RIGHTS

Dear Friends, We are sending you every good wish for a peaceful and Happy Christmas and New Year.

We thank you all most sincerely for your wonderful support and look forward to a creative, joyful, and happy New Year with peace and equality for all.

Cuirimid ár mbeannachtaí libh go mbeadh Nollaig agus athbhliain shona agaibh. Céad míle fáilte as ucht bhur dtacaíochta iontaí, agus táimid ag tnúth le hathbhliain chruthaitheach, ghliondrach, le síocháin agus comhionannas do chuile dhuine.

From Mary Moynihan, Artistic Director, and Freda Manweiler, Company Manager, and all in Smashing Times, December 2018.

*Let your soul laugh
let your heart sigh out
that long held breath
so hollow in your stomach
so swollen in your throat*

*Already light is returning, pairs of wings
lift softly off your eyelids one by one
each feathered edge clearer between you
and the pearl veil of day*

You have nothing to do but live

From Winter Solstice by Anonymous



SMASHING TIMES support the **United Nations Declaration of Human Rights and the Sustainable Development Goals**, a collection of 17 global goals set by the United Nations General Assembly as a blueprint for achieving a better and more sustainable future for all, to be achieved by 2030.

Goal One: No poverty. Goal two: Zero hunger. Goal three: Good health and well-being. Goal four: Quality education. Goal five: Gender equality. Goal six: Clean water and sanitation. Goal seven: Affordable and clean energy. Goal eight: Decent work and economic growth. Goal nine: Industry, innovation and infrastructure. Goal ten: Reduced inequality. Goal eleven: Sustainable cities and communities. Goal twelve: Responsible production and consumption. Goal thirteen: Climate action. Goal fourteen: Sustainable support for life below water. Goal fifteen: Sustainable support for life on Land. Goal sixteen: Peace, justice and strong institutions. Goal seventeen: Partnerships for the goals.